

## WHAT ANGER COSTS YOU IN REDUCING YEARS OF YOUR LIFE

By PROF. JOHN LANGE.  
(University of Copenhagen.)  
Do you know what it costs you to become angry?

Every time a man gets angry he shortens his life so many minutes, or days, perhaps even years. A great deal depends on the intensity of his anger.

Every time we become angry our vitality shrinks so much in proportion for every outburst. After even the most artfully suppressed signs of bad temper our vitality becomes smaller and smaller, until finally nothing is left. The moral deduced from the advancement of this latest theory in medicine is, of course, that we should never allow ourselves to become angry if we value our health and life.

Anger is a certain kind of cerebral (brain) excitement. The hyperthemia (very strong) subject is always on its verge, while the neurosthenic (nervously debilitated) becomes infuriated only by a sudden bound of reaction excited from without. But at the moment when they are let loose the two are alike, save that the strong man is a blundering brute, while the weak man is somewhat of an actor and seems to aim at effect.

All emotions are due to disorders of the circulation of the blood, and anger, in particular, to an intense dilation of the small arteries of the brain. Redness and swelling of the face are constant signs of anger, and anger in a state of hypernervation. The "white rage," so popular in fiction, is an opposite phenomenon of the blood.

The muscular fibers surrounding the arteries in which the blood circulates, and which form a continuous sheath for them, are tightened in proportion to our anger. The caliber of the arterial tube diminishes, and then, the blood being under a high pressure, the watery part is driven back into the surrounding tissues and the

red globules, diluted in a less quantity of liquid, appear far more numerous in the field of the microscope. This concentration of blood and rise in arterial pressure I consider to be almost always present in case of anger. I have found them whenever I have been able to examine a patient. Let us form a clear idea of all that there is in a fit of anger—vain expenditure of effort, aimless movements, energy spent in biting the fists, stamping on the ground, kicking against doors, or tearing up a book. All this clearly indicates a mental condition of no high order. At every step we recognize more clearly that the problem of anger is a problem of cerebral mechanics.

In a condition of nervous excitement all our energies are at a high pitch. The heart sends to every part of the body concentrated blood, extraordinarily rich in globules, which utilizes itself instantaneously in the tissues; our organic combustion takes place with almost doubled intensity, our sensibility is considerably excited. We are too much alive.

Variations of temper are variations of energy, of muscular tonics. One is sad or timid because one is too weak; angry because one is too strong. Oscillations of the mind are caused by the excitement produced by the contact of our nerves of sensibility. There is a short circuit in our nerves, followed by a rudely increased muscular energy, the heart's power of contraction, the blood pressure in the arteries and the activity of nutrition.

Now the immense work performed by the brain during the anger crisis is so much work lost, worse than lost, harmful; apart from the evil it may do to its object, who may be killed by it, it is harmful to the person who gets into the rage. We are degraded by anger; not only does it humiliate us in the eyes of others, but it leaves us dejected and exhausted.

feeling of solidarity of the nation; the survival of the primitive feeling of specific differences, we are brought clearly face to face with those forces that will ultimately abolish warfare as well as legislative conflicts between nations; that will put an end not only to the wholesale slaughter of those representing a distinct idea but also prevent the passage of laws that favor the members of one nation at the expense of all other members of mankind."

## NOTED METHODIST EIGHTY YEARS OLD

Friday, February 23, marked the 80th birthday anniversary of Bishop H. Vincent of the Methodist church. Dr. Vincent has been retired for a number of years but during his active work in the ministry had been well known among prominent Methodists here.

Bishop Vincent began preaching in the Baltimore conference, and after taking the course of study prescribed by the conference he entered upon his first pastorate at North Belleville, N. J., when he was twenty-one years old. After four years in the east he removed to Illinois, becoming pastor of U. S. Grant, whose friendship was cherished by both men so long as the great general lived. In 1868 he became editor of the Sunday school literature of the Methodist denomination, and in this position he was largely instrumental in establishing the international system of Sunday school lessons. In 1874 he organized the Chautauqua assembly, which was an attempt to help others make up for the deficiency of education that he himself so strongly felt. Out of this assembly, in 1878, grew the Chautauqua literary and scientific circle, which has had many thousands of members in all parts of the world. In 1888 Dr. Vincent was chosen bishop and served his denomination in that capacity until the general conference of 1904, when he was placed on the retired list.

### IS A VERY LUCKY NEGRO.

Gilchrist Stewart, the far-famed New York politician, the brilliant son of a brilliant father, T. McCant Stewart, now associate supreme court justice of Liberia, was appointed last week deputy clerk of the New York State Assembly at Albany by Speaker Merritt. Mr. Stewart, whose present success he and all others directly credit to Collector Charles W. Anderson, was confirmed in his appointment Monday, February 5, taking up his duties last Tuesday at Albany. The position carries with it a salary of \$2000 per year.

Mr. Stewart, who has been a member of the Republican County Committee for the past six years, and a delegate to the Republican state conventions, covered by that period, was endorsed by Congressman Bennett, who started the fight to open this place for him. Collector Charles W. Anderson, who manipulated the many intricate phases of the battle and fought night and day for the support of his district, the Thirtieth assembly, A. P. Tudden, his district leader; Samuel Koenig, chairman, New York county committee; Wm. Barnes, Jr., chairman of the Republican state committee, who insisted that a place of importance be given in the legislature to the colored race.—Amsterdam News.

Mr. Stewart is a brother to Miss Carlotta Stewart, principal of the Anahola school.—The Garden Island.

Avoid the race course if you would keep on the right track.

## Morning Cable Report

(Continued from Page One.)

LONDON, March 23.—Premier Asquith, before pressing the Minimum Wage Bill to a final vote, has called for another conference. The operators of the English and the Welsh mines are willing to meet the terms of the strikers in part, but heretofore the Scotch operators have held out.

The conference arranged last night by Asquith will take place on Monday.

SAN FRANCISCO, March 23.—The development board of California, in session here yesterday, passed a strong resolution urging all the organizations of the State to protest against the enactment into law of the Free Sugar Bill. Telegraphic requests for cooperation were sent out, while protests against the Underwood bill were wired to Washington.

MEXICO CITY, March 23.—General Aubert, with five hundred men, administered a severe defeat to a rebel army of eighteen hundred yesterday. The rebels, led by Salazar, attacked the federalists south of Jemenez, being repulsed with heavy loss. The loss among the federalists was also heavy.

CLEVELAND, March 23.—The negotiations between the representatives of the mine owners and the unions regarding increased pay and an eight-hour day have been postponed until Tuesday.

WELLINGTON, New Zealand, March 23.—Lieutenant Shirase and his party, which has been in the South in an attempt to discover the South Pole, arrived yesterday aboard their steamer Kaimaru Maru. They report having seen nothing whatever of the British expedition under Commander Scott.

The Japanese spent the winter exploring in King Edward's Land and made no dash for the Pole.

NEW YORK, March 23.—The government has rested its case against the members of the alleged Sugar Trust, indicted under the Sherman Act, and the defense will commence putting on its witnesses on Monday. It is understood that the defense will move, as its first step, to the dismissal of the indictments as faulty.

SAN FRANCISCO, March 23.—The Bing Kong tong and a number of other minor tong have agreed not to take part in the tong fighting which has been resumed. The reason is said to be inability to hire gun men, the services of all the noted shooters having been contracted for by the Hop Sing, Suey Sing and Sin Suey Yings, the original tong in the war.

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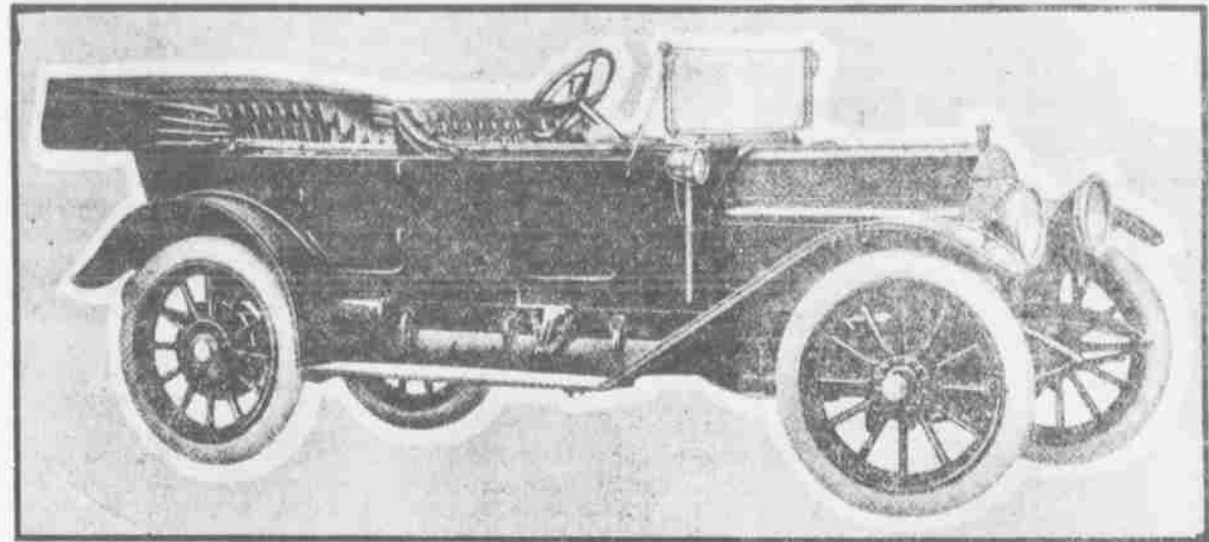
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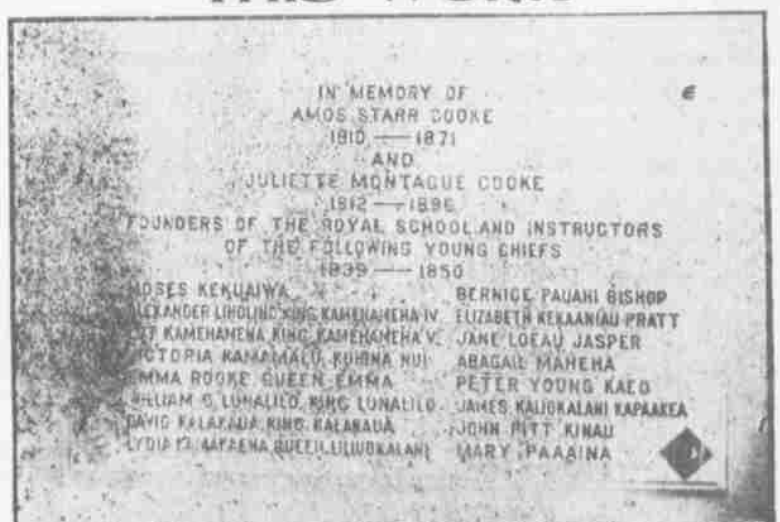
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